

Review

Myeloma aetiology and epidemiology

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Abstract

Recently there have been substantial improvements in our understanding of the biology of myeloma. These findings have important implications for aetiological studies aimed at defining the causative factors for myeloma. Myeloma is closely related to monoclonal gammopathy of unknown significance (MGUS), which is now recognized to be very common in the older population. The epidemiology of these conditions is presented and discussed in the context of the genetic factors governing both the risk of developing MGUS or of transformation to myeloma. Biological studies support a role for aberrant class switch recombination early in the natural history of myeloma suggesting that factors in the environment may interact with this mechanism to increase myeloma risk. Case-control and cohort studies have identified several known and suspected environmental exposures. These exposures include high doses of ionizing radiation, and occupational exposure in the farming and petrochemical industries. The data supporting these associations are presented and discussed in the context of the molecular mechanisms underlying these exposures. In particular DNA damage occurring as a consequence could readily interact with the class switch recombination process to increase the risk of chromosomal translocations, oncogene deregulation and malignant transformation. A further hypothesis, which has been extensively investigated, is the role of chronic immune/antigenic stimulation and the risk of myeloma. This concept is difficult to explain in the context of our current immunological concepts. The data supporting the association and how molecular epidemiological studies using genetic variants in cytokine genes are allowing us to revisit this concept are discussed in detail. © 2002 Éditions scientifiques et médicales Elsevier SAS. All rights reserved.

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1. Descriptive epidemiology

Multiple myeloma constitutes around 10–15% of all haematological malignancies, 1% of all cancers and has an incidence of around 2/100 000 population in the United Kingdom [33,34]. The incidence increases with age with only approximately 40% of patients presenting under the age of 60 years and 2% of cases occurring before the age of 40 years. Internationally, the incidence of myeloma is highest among African-Americans, followed by Maoris, Hawaiians, Israeli Jews, northern Europeans, US and Canadian whites [20]. Lowest rates occur in the Middle East, Japan, and China [25]. After age 50, incidence rates for multiple

myeloma are higher in males than in females among both Caucasians and African-Americans [170]. Population-based incidence rates for monoclonal gammopathy of unknown significance (MGUS) are lacking and population-based prevalence data are limited. The prevalence of MGUS rises with increasing age [6,95,96,125,174]. Similar to multiple myeloma, prevalence rates for MGUS (a disorder characterized by a serum M-protein level less than 3 g/dl, fewer than 10% plasma cells in the bone marrow, and absence or presence of only small amounts of M-protein in the urine) are high in African-Americans (8.4%) mid-level in Caucasian Americans (3.8%) [39,178,187,189], and low in Japanese-Americans [25]. Estimates of the population prevalence of MGUS are based on relatively small samples of elderly patients in health screening studies. These results suggest that racial differences in immunogenetic factors may affect the risk of developing both MGUS and myeloma.

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Time trends of myeloma have been examined in the UK and the results suggest an annual increase in incidence of under 1% per annum from 1984 to 1993 [34]. International trends have also been extensively investigated [40]. In the US, incidence rates for Caucasians rose 1% per annum during 1973–1991, and subsequently declined about 1.2% per annum, while for African-Americans, the annual increase has been less than 1% per annum during 1973–1997 [170]. An increase of about 2% per annum has been observed in most European countries [154]. In southeast Asia, incidence rates rose rapidly from a very low base rate. In many populations, however, there are some suggestions of a recent levelling off of incidence rates, suggesting that earlier increases in incidence may have reflected improved diagnosis or a cohort effect in the population. Although it may be difficult to retrospectively disentangle a cohort effect that has now passed, with no increase in incidence in those born after the 1930s, from improvements in diagnosis, data from the UK support the latter interpretation [204,221]. A number of clusters of myeloma have been described but the significance of these is uncertain [61,122,125,128].

2. Clinical features and biology

In order to understand the factors which are important in the aetiology of myeloma, it is important to consider not only the potential environmental exposures but also consider these in light of the biology of the disease. Multiple myeloma is a clonal B-cell neoplasm of plasma cells. Plasma cells, the final products of B-cell differentiation, synthesize and release immunoglobulins, light and heavy chain subunits of immunoglobulins, and cytokines designated osteoclast activating factors. The clinical picture of myeloma is a complex of bone destruction leading to pain or fracture with hypercalcaemia, infection due to immune deficiency and marrow failure leading to anaemia. Renal failure due to hypercalcaemia, direct damage from paraprotein or precipitation of light chain in renal tubules is also a common feature. The diagnosis requires the presence of at least two of three characteristic features: a paraprotein or monoclonal immunoglobulin in the blood and/or the urine, bone marrow infiltration by malignant plasma cells and the presence of osteolytic bone lesions. Monoclonal gammopathy of uncertain significance (MGUS) is a related disorder characterized by a serum M-protein level less than 3 g/dl, fewer than 10% plasma cells in the bone marrow, and absence or presence of only small amounts of M-protein in the urine. In contrast to cases of myeloma, most patients with MGUS maintain stable levels of M-protein and do not develop clinical manifestations of multiple myeloma [129]. Some, however, progress to the typical picture of myeloma and MGUS is assumed to be the precursor of clinically

apparent myeloma with one or more additional genetic events being required for progression to myeloma. Specialty hospital [16,124,155] and population-based hospital studies [87] have shown that 20–25% of patients with MGUS progress during 10- [16,155] or 20-year [124] follow-up periods to clinically apparent of myeloma.

3. Cytogenetic analysis

Cytogenetic studies in myeloma are technically difficult but have been very important in delineating the genetic events, which underlie this disorder. Over the last few years, recurrent chromosome translocations in multiple myeloma have been identified in cell lines including t(11;14)(q13;q32), t(4;14)(p16;q32), t(14;16)(q32;q23) and t(6;14)(p25;q32). Cytogenetic techniques such as FISH have shown that rearrangements of the immunoglobulin heavy chain (IgH) locus at 14q32 can occur in up to 74% of cases and are important early events in the molecular pathogenesis of myeloma [8]. The IgH locus is strongly transcriptionally active in B cells and transfer of an oncogene to this region results in dysregulation of the gene in question. Since these rearrangements at the IgH locus on chromosome 14q32 appear to cluster in switch regions, it is thought that aberrant class switch recombination is a central pathogenic mechanism in the majority of myelomas. Conventionally these translocations have been associated with the dysregulation of specific genes, namely, cyclin D1, FGFR3, c-maf and MUM1 (IRF4), respectively, however, it is clear that a promiscuous array of partner loci are implicated.

4. IgH mutational analysis

Myeloma plasma cells have a number of characteristic features including abnormal localization within the bone marrow, replacement of normal bone elements and dysregulation of immunoglobulin secretion. There is much debate and controversy, however, regarding the exact site of origin and nature of the proliferating cell. Normal bone marrow plasma cells are derived from cells that have passed through a germinal centre in a lymph node or other organ. Within the germinal centre, cells undergo somatic hypermutation, class switching of the immunoglobulin gene and selection by antigen binding affinity with only cells with high binding affinity surviving to become plasma cells. In myeloma, the immunoglobulin genes from individual plasma cells show the same pattern of hypermutation, consistent with the clonal expansion of a single post-germinal centre B cell. A number of studies have also detected clonal VDJ sequences linked to the μ heavy chain suggesting the presence of a

pre-switched cell as part of the myeloma clone or the presence of a marginal zone memory B cell. This contrasts with the situation in MGUS where there is intra-clonal variation in the pattern of mutation, suggesting that MGUS is the result of transformation of a virgin or memory B cell, the progeny of which continues to pass through the normal process of germinal centre selection before becoming plasma cells.

5. A molecular model of myeloma

The relationship of MGUS to myeloma and the shared genetic features between the two conditions allow us to construct a genetic model, which defines a number of distinct stages. These include a possible pre-MGUS stage, MGUS, presenting myeloma, relapsed disease and advanced stage disease with extramedullary disease. The development of such a model combined with an epidemiological approach will allow us to test specific questions relating to the molecular mechanisms involved in the predisposition to and progression of myeloma. It is of particular interest to investigate the role played by mistakes occurring during the normal processes important in B-cell development. These include somatic hypermutation and class switch recombination.

6. Genetic effects

There are various lines of evidence, which suggest possible links between genetic predispositions and multiple myeloma [137]. A case-control study has linked multiple myeloma with an excess of degenerative or demyelinating disorders of the central nervous system in first-degree relatives and twins [104,112,145]. There is a 3- to 6-fold elevated risk of myeloma among persons with a history of a first-degree relative with multiple myeloma [24,30,41,63]. Risks of familial occurrence of haematological malignancy may be higher for African-Americans than for Caucasians [30], although more and larger studies are needed to further evaluate this finding. Detailed evaluation of families with two or more cases among first-degree relatives reveals that most cases of familial myeloma occurred among siblings [30,84,89], although this may reflect underdiagnosis among parents, particularly in earlier periods. Several reports of concordant occurrence of myeloma among spouses suggest a possible contributory role for environmental factors [31,114,116,126,127,150,159]. Among index patients with myeloma, risk of other haematological malignancies was also increased [63,186]. Excesses of autoimmune disorders [134] and degenerative central nervous system disorders [90] have also been observed among relatives of myeloma

patients [90,113,114,188]. There was an excess of the ABO blood group A in cases [2,66] in one study but not in another. Also a weak association between multiple myeloma and HLA-B5 has been described. The excess of multiple myeloma in the US black population has been interpreted as a sign of possible genetic differences. One study showed that the risk of HLA-Cw2 was higher in the black cases than white, despite the fact that Cw2 is distributed equally between the races; there were also suggestions of a linked association with the DQ locus [162]. There is no obvious excess of myeloma described in any of the inherited immunodeficiency syndromes though this does not totally exclude immunodeficiency as a cause of myeloma.

7. Molecular epidemiology

Gene environment interactions are important in the aetiology of many tumours and chronic immune-stimulation has been suggested as a potential aetiological factor in myeloma. Inherited genetic polymorphisms at cytokine loci acting early in the immune response may mediate immune responsiveness and in contrast to factors often evaluated in case-control studies are readily quantifiable using PCR based techniques. There are two main approaches to studying these effects in myeloma. The first is to utilize our understanding of the critical factors in determining the pro-inflammatory response and the TH1/TH2 make up of the immune system. One could then identify for further study highly prevalent genetic variants that exert functional effects on these cytokines. These genetic variants can then be evaluated in population-based, case-control investigations of myeloma, and attributable risks calculated for myeloma. The other approach is to utilize variants in key cytokines known to be involved in the pathogenesis of myeloma, an example of which is IL6.

The first approach is illustrated by the study of variants in TNF. Tumour necrosis factor α (TNF α) and lymphotoxin α LT α , formerly known as tumour necrosis factor β , are two critical cytokines produced early in the inflammatory process. Both cytokines are involved in T cell dependent B-cell responses, T cell proliferation and receptor expression, NK cell activity and dendritic cell maturation. Their role in B-cell development has been shown in studies of knock out mice. TNF α /LT α knock out mice show no germinal centre formation, defects in the regulation of isotype switching and problems with both primary and secondary immune responses. In addition to these normal functions, a number of studies have suggested an important role in the pathogenesis and maintenance of the malignant clone in myeloma.

The TNF α and LT α genes are located on chromosome 6p within the class III region of the MHC locus. Four polymorphic sites within the promoter region of the TNF α gene

and one polymorphic site within the first intron of the LT α gene have been described, two of these seem to have functional significance in vivo. A single base substitution at position –308 of the TNF α gene results in two allelic forms in which the presence of guanine defines the common variant TNF1 and the presence of adenine defines the less common variant TNF2. The polymorphism within the LT α gene also results from a single base substitution in which guanine is replaced by adenine at position +252 of the first intron. The two forms are referred to as LT10.5 and LT5.5, respectively. These two polymorphisms are in linkage disequilibrium and both high-producer alleles are associated with the extended HLA haplotype A1-B8-Dr3-DQ2.

Comparison of the extended TNF α /LT α halotype in myeloma cases and controls showed a significant excess of high-producer alleles in myeloma cases. The double heterozygotes TNF 1/2 and LT 10.5/5.5 were present in 35.8% of cases but in only 18% of controls; this was associated with a 2-fold, significantly increased risk of myeloma [50]. A similar increase in risk was also seen in MGUS cases, suggesting that this genotype is associated with the initiation of plasma-cell disorders rather than with the progression of MGUS to myeloma [50].

The second approach is illustrated by the investigation of variants in the IL6 gene and their association with myeloma risk. IL6 is known to be a central cytokine controlling myeloma cell growth and survival.

The 5' control region of the gene is polymorphic, with a G/C polymorphism at position –174 having functional significance. The C allele results in lower levels of IL6 transcription in cell lines and is associated with significantly lower levels of plasma IL6 in normal individuals [70]. However, two large studies of myeloma cases and controls have found no association between this polymorphism and the development of MGUS or myeloma [60,220].

8. Specific epidemiological associations

A substantial number of epidemiological studies have evaluated a range of postulated risk factors. Few consistent associations have been described, however. This review does not attempt to be comprehensive, but instead focus on several, biologically plausible risk factors and delineate the possible biological pathways through which they act. Two exposures of particular interest that have been evaluated in large, methodologically rigorous studies are ionizing radiation and benzene. Statistical associations have also been observed for multiple myeloma among farmers, paper producers, wood workers and workers occupationally exposed to petrochemicals, and materials used in plastic and rubber manufacture. Lifestyle factors linked with elevated risk of myeloma include socio-economic status, smoking,

alcohol, diet and hair dyes [1,27–29,36,37,43,74,94,97,110,111,146,192,198,219]. A recurring theme is the association with variation in immune response and this is developed further below.

9. Ionizing radiation

Overall the data provide modest support for a relationship between ionizing radiation and an elevated risk of multiple myeloma and its precursor MGUS [45,165]. Associations have been seen in Japanese survivors of the World War II atomic bombs, patients treated with high-dose radiotherapy, and some occupational, radiation-exposed cohorts [68,102–105,135,151,153,158,173,184,200–202]. The classical feature of radiation exposure is the generation of DNA double stranded breaks. Such molecular events could readily interact with the switch recombination machinery to increase the risks of IgH translocations, oncogene deregulation and consequently multiple myeloma. Following exposure to fallout from atomic bombs, a small but significant increased risk was seen with no variation in gender or age at exposure [151,164].

An excess of myeloma deaths was observed among early American radiologists [131], and more recently myeloma risk was reported to be two times higher among radiologists than among physicians in other specialties [109,183]. Yet, no excess of myeloma was found among more than 27,000 Chinese diagnostic X-ray workers during a 30-year period, compared to medical workers unlikely to have had occupational X-ray exposure [205,206].

Risks from occupational exposure in the nuclear industry are small and the evidence conflicting [58,80–82,139,157,160,191,193]. In combined analysis of cancer mortality data for 95,673 nuclear industry workers in the US, the UK and Canada, there was a small but significant 1.9-fold increased risk for multiple myeloma. In a recent follow-up of cancer mortality among 124,743 workers included in the National Registry for Radiation Workers in the United Kingdom, there was some evidence of an increasing trend in risk of multiple myeloma with increasing estimated external radiation dose, although the trend disappeared after the investigators omitted workers monitored for exposure to internal radiation emitters [149].

Evidence for an increased risk of myeloma from military exposure is conflicting. Increases in multiple myeloma mortality and incidence were observed among 21,358 British military men who participated in atmospheric nuclear weapons tests when compared to 22,333 unexposed controls [48]. Yet no excesses occurred in New Zealand military participants in the same nuclear weapons tests [156], nor in US soldiers participating in military manoeuvres at Nevada nuclear weapons test sites [32]. There is little evidence of an

increased risk of multiple myeloma based on comprehensive studies of US and UK populations living in residential proximity to nuclear facilities [9,15,42,78,79,136].

While no association has been found between risk of myeloma and diagnostic X-rays in most case-control [21,46,73] or cohort [23,51] studies, increased risks have been observed in individuals treated therapeutically [51,88,100,104,172,185,190]. Of historic interest was a finding of a significantly increased risk of myeloma and other haematological malignancies among Danish women who had received injections of thorotrast (alpha-emitting X-ray contrast medium) for cerebral arteriography [3,4,140,203]. A small but significantly elevated risk of myeloma was found among a cohort of 14,556 patients with ankylosing spondylitis who received a mean total body dose of 2.64 Gy, with the heaviest dose to the vertebrae [47,207]. Among over 180,000 women treated for cervical cancer, no overall excess risk of myeloma was associated with radiation therapy; however, a trend analysis revealed significantly increased risks after the first 10 years of treatment [22]. In a cohort of 2067 women in Scotland given X-ray therapy for metropathia haemorrhagica, an elevated 2.6-fold standardized mortality ratio was ascertained for multiple myeloma 5 or more years after the women had received a mean bone marrow dose of 1.3 Gy [49].

10. Benzene exposure

Despite a coherent molecular mechanism whereby benzene exposure could result in the development of haematological malignancy, it remains one of the most contentious topics in recent years as to whether or not benzene exposure is linked with elevated risk of multiple myeloma [8,14,76,85,177,216–218]. Rinsky et al. [171] described four workers with multiple myeloma and nine with myeloid leukaemia in a population of approximately 1100 workers manufacturing Pliofilm [44]. In an updated study of that population, there was no significant association of benzene exposure with multiple myeloma, although risk of acute myeloid leukaemia rose dramatically with increasing estimated level of benzene, reaching a 98-fold excess among workers with a cumulative exposure of more than 400 ppm-years [59,212]. Among 4172 chemical manufacturing workers exposed to low levels of benzene, a 2.3-fold non-significant excess of multiple myeloma and a similar excess of leukaemia occurred among workers 20 or more years after their first exposure, but no excess was observed among maintenance workers with intermittent high exposure to benzene [106]. Non-significant excesses of multiple myeloma have been found among workers employed in the petrochemical industry or in petrol distribution [53,56,101,152,167,179–181,215]. No excess of myeloma

was found in a meta-analysis of data from 22 cohort mortality studies of petroleum workers in the United States, Canada, the United Kingdom, and Australia [213]. However, among a large population of Chinese benzene-exposed workers, no excess of myeloma was seen [93].

11. Other environmental exposures and solvents

There are a number of other chemical exposures, which have been investigated including styrene and butadiene. Risks of myeloma have also been evaluated among rubber industry workers [5,52,54,55,67,72,75,92,120,121,147,176,210,214], but overall results do not show evidence of consistently increased risk of myeloma. Dioxins have been suggested to increase risk [64,69,194] in particular for women residing in the exposed region of Seveso and Swedish fishermen [10–12,142,182,197]. A small cohort of Swedish paint industry workers with long-term exposure to organic solvents was reported to have a 4-fold excess risk of multiple myeloma [138]. Other studies have also linked increased risk of myeloma to employment in the paint industry [13,54] and exposure to ethylene oxide [148,195] and styrene [214]. Solvents other than trichloroethylene were linked with slightly increased mortality from myeloma among 14,457 aircraft maintenance workers [17]. An association was observed between chemical industry work and death from multiple myeloma (as well as non-Hodgkin's lymphoma and lymphoid leukaemia) among persons under age 65 at death in a case-control death certificate study of haematopoietic cancers among white male residents of Kanawha County, West Virginia [141].

12. Agricultural and related occupational exposure

The majority of epidemiological studies which have evaluated the risk of myeloma among agricultural workers have reported positive associations [18,19,98,117,144,157,163,196,209]. These studies are difficult to interpret because of the multiple potential exposures and marked person-to-person variation. Among 88,090 deceased white male farmers in Iowa, the proportionate mortality ratio was increased for multiple myeloma [35]. A cohort study of 140,208 Swedish farmers showed significantly increased incidence of multiple myeloma, even in those parts of Sweden where the use of pesticides has been less frequent [208]. In a cohort study of 246,104 Norwegian farmers, the incidence of multiple myeloma was significantly elevated among those with indicators of pesticide usage, particularly farmers cultivating potatoes [123]. Among 205,000 workers

on the Farm Register in Finland, multiple myeloma incidence was significantly increased among farmers on pig or poultry farms, but not among those working on other types of farms [166]. A recent meta-analysis of 32 studies published between 1981 and 1996 yielded an overall estimated risk of 1.23 (95% CI = 1.14–1.32) [117]. Significant increases in risk of multiple myeloma were found in workers exposed to dichloro-diphenyl-trichloroethane (DDT) in application or inspection jobs [38]. Other types of pesticide usage by farmers have also been linked with elevated risk of multiple myeloma [19,119,175], as have exposures to grain dusts [77], engine exhausts and fuels [71], and contact with farm animals [65,157]. Particularly with regard to pesticides, numerous studies have investigated the relation between potential exposure and multiple myeloma, with some reporting elevated risks, while others have not [98,169]. Only a few investigations have attempted to examine the role of specific pesticide exposures, but results have been conflicting [26,65,143].

13. Immune dysfunction

Immunodeficiency due to AIDS is one of the most common causes of profound immunodeficiency. This could potentially result in myeloma as a consequence of two mechanisms: a direct effect of the human immunodeficiency virus or an indirect effect from a concurrent viral infection. In a large study linking population-based cancer and AIDS registries, a 4.5-fold increased risk of myeloma occurred among people with AIDS [83]. A 12-fold excess of myeloma was found in a register-based retrospective cohort study in Australia [91]. The association of human herpesvirus infections with important cancers arising in AIDS patients has been noted [7]. An association of HHV8 with myeloma has been suggested but was later dismissed [168,199]. Overall there is little evidence to support a direct effect of an infectious organism on risk of myeloma.

The results of induced plasmacytomas in mice [161], clinical reports [107], and limited data from epidemiological studies [169] have led investigators to hypothesize that repeated or chronic antigenic stimulation of the immune system may lead to myeloma. From an immunological perspective, this hypothesis is difficult to justify mechanistically but nonetheless a number of case-control studies have explored this theory. Risk has been evaluated in relation to past history of chronic infections, inflammatory, connective tissue, autoimmune, and allergy-related disorders [99]. Elevated myeloma risks have been suggested for allergic conditions [77,130], musculoskeletal disorders [57], and rheumatoid arthritis [62,108,115]. Weak links were found for past bronchitis and eczema [77,86,130,211] and for scarlet fever, chronic bacterial disease, BCG vaccination

and recent shingles infection [118]. But, other studies of individuals with these conditions have shown no excess of myeloma [133]. A nationwide study in Finland concluded that there was a twofold excess of multiple myeloma amongst all rheumatoid arthritis cases. This has been supported by a case-control study from Sweden. However, no such link has been found in other studies. Equally no excess for rheumatoid arthritis risk was found in US blacks or whites. These papers have failed to produce convincing evidence of aggregated or 'total' allergy, infection or vaccination patterns [132,133].

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